Article Side
Jewelry for Yoga lovers by Carmela Turner

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Staying fit and healthy is what everyone desires. When one is physically fit he/she can tackle every obstacle or situation at work or personal life. For this one resorts to healthy foods, therapies and yoga or meditation. However, you just spend some time in this exercise. You cannot keep doing this all day long. What if you have something that takes care of your health all day long and helps you stay calm and fit even when you are at work, partying or travelling? What are you thinking â€“ Is this possible? Yes, this is possible and not a joke. Here we would discuss about some yoga jewelry which is designed in a special way that takes care of your health while you work hard to take care of your loved ones.

There are many online stores and even special dedicated real stores that sell different type of jewelry that help you maintain health and wellness. Below is a list of some such jewelry to help you find it out for yourself and benefit from the same.

1. Chakra Om Bracelet:

A gemstones and sea beads double chain bracelet inspired by the colors of chakra. Chakra is what the human beings body is made of. It is a perfect blend of style & comfort. It has an â€˜Omâ€™ pendant suspended from it. This connects you to spirituality.

2. Kundalini Spiral Chakra Necklace:

The spiral pendant represents the cycle of situations in life. You g through cycles of joy, sorrow, hardships and victory again and again. However, there is one important thing that is after every cycle or in every cycle you get many opportunities. This necklace will thus connect you to your true self. Besides it is stylish so you can pair it up with any outfit.

3. Om Dorje Chakra Necklace:

A very elegant and classy looking necklace by Sacred Charms. Beautiful colored gemstones make it look very rich and classy. The â€˜Omâ€™, â€˜Chakraâ€™ and â€˜Dorjeâ€™ has many spiritual and yoga Chkara energies help you maintain a balance in your life and â€˜Omâ€™ helps you develop your focus.

4. Small Om Beaded Chakra:

You are not fond of jewelry or heavy bracelets. No problem this is a simple light weighted bracelet with a small â€˜Omâ€™ pendant and the bracelet again inspired by â€˜chakraâ€™.

These are just to name a few. There are many such other pieces of yoga jewelry that helps you control your body and mind. Choose something that suits your style and comfort.

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